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Your essential daily news | MONDAY,

DECEMBER 21, 2015

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Sparky the Fire Dog lies on his back to let Ethan Golueke give him a good tickle on Sunday.

AARON CHATHA/METRO



'OUR BIGGEST HOLIDAY'

Toys, treats and tickles at firefighters Christmas party
metroNEWS

VIOLENCE

Suspect in sexual assault sought

The Calgary Police Service is investigating a violent sexual assault in the city's downtown.

At approximately 3:45 a.m. Sunday morning, police received a call from security guards at a parkade in the 200 block of 6 Avenue SW. The guards had come across a severely beaten woman who had been sexually assaulted in one of the parkade's stairwells.

"She is in severe condition," said Bev Voros of the Calgary Police Service Sex Crimes Unit.

"Physically, she will recover."

It's believed the woman met her attacker around 3rd Street and 7 Avenue SW.



This man is a person of interest.
COURTESY CPS

The first suspect is a dark-skinned man, between 5'6" and 5'8" tall, with a slim build. He was wearing a toque, a brown sweater, black jacket and blue jeans. His jacket had fur around the hood and he was wearing runners. The second man is a person of interest, and is described as brown-skinned, possibly of Middle Eastern descent, with a slim build.

Police are asking anyone with information to call the non-emergency line at 403-266-1234, or Crime Stoppers anonymously at 1-800-222-8477. METRO

Health system 'strapped'

EMERGENCY

Not enough ambulances provincially, says official



Jeremy Simes
For Metro | Calgary

There just aren't enough ambulances out there, and more paramedics — including firefighters — are being sent to medical calls in what Mike Parker calls a "strapped system."

Parker, vice-president of the Health Sciences Association of Alberta, said there aren't enough ambulances on the road throughout the province, especially Calgary and Edmonton.

"These code orange and code red situations are daily occurrences," he said. "They aren't weekly or monthly, (so) we need more ambulances on the road provincially, specifically the metro (areas)."

Call volume has jumped since AHS began providing EMS throughout the Calgary metro region, where 106,381 emergency calls were made in 2009/10 and 132,610 requested

medical help in 2014/15.

The Calgary Fire Department has also seen a similar spike in medical assist calls, where crews were called 29,086 times in 2014, a jump of 27 per cent from 21,153 calls in 2009.

"It depends how you look at it," said Fire Chief Steve Dongworth. "Some days it doesn't make a difference, no matter how many (calls) there are. But you can also argue the other side: Is that a sign of a stressed system?"

"It's something that's beyond population growth."

Dongworth has been adamant about getting policy makers to

25%

The percentage the call volume has jumped by since AHS began providing EMS throughout the Calgary metro region

change current rules that halt firefighters from driving ambulances, even though they're capable of driving the vehicles.

Dongworth said it doesn't matter how busy firefighters and paramedics are — the policy should be changed.

"I don't want to link this (policy debate) to how busy AHS is," he said. "Even if they weren't busy, (the policy) doesn't make sense."

Chief Paramedic Darren Sandbeck told Metro earlier this month that paramedics are best suited to drive ambulances for safety reasons.

Dongworth said he's open for more ambulance training for firefighters, if needed.

"We work very well together — it's about policy makers," he said. "AHS does a great job on the street."

AHS will complete its review of the policy in 2016.

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TRAFFIC

Driver struck and killed by CTrain

A man is dead after his car was struck by the CTrain on Saturday.

At about 4:20 p.m., a 73-year-old man and his passenger were driving north on 36 St. approaching 12 Ave. N.E. in a 2003 Ford Focus. The driver attempted to turn west onto 12 Ave N.E. and his car was hit on the driver's side by the northbound CTrain.

The CTrain pushed the Focus about 55 metres.

The driver of the Focus died upon his arrival at Foothills

Medical Centre.

The 71-year-old female passenger of the Focus was transported to Foothills in critical, life-threatening condition.

The 48-year-old operator of the CTrain did not receive any injuries as a result of the crash.

The Calgary Police Service Traffic Section is investigating this incident. Any witnesses to the accident or the events leading up to it are asked to contact the Traffic Section at (403) 567-4000.

METRO

INVESTIGATION

Murder charge in Schmeikal death

Calgary police have arrested and charged a second person in connection with the murder of Jonathan Joe Schmeikal earlier this year.

Police were called to the 2600 block of 43 Street S.E. on Sept. 30 to check on the welfare of a man. When police arrived, Schmeikal was found dead.

Autopsy results later showed the victim was shot to death.

Police believe Schmeikal

was being driven around in a stolen vehicle by more than one person and the shooting may have been drug related.

Back in October, Jerry Cody Goodeagle, 25, of Gleichen, was charged with second-degree murder.

After further investigation, police have now charged Dylon White, 37, of Calgary with second-degree murder.

He is scheduled to appear in court on Jan. 5, 2016. METRO

IN BRIEF

Noxious fumes prompt evacuation in southwest

Paramedics and firefighters were called to a building in the 2100 block of 90 Avenue S.W. on Sunday after reports of a noxious gas leak.

Two women were sent to hospital in stable, non-life-threatening condition and residents of the building were evacuated to waiting transit buses.

There have been no reports about the source of the gas. METRO

Masked man robs convenience store

Calgary police are looking for a man who robbed a convenience store in the city's northeast Saturday.

At 9 p.m., a man wearing a mask and dark clothing entered a Mac's on the 1900 block of 19 Street

N.E. and threatened the clerk with what appeared to be a gun, police said.

The man then fled. Investigators wouldn't say what the bandit stole — they're withholding that in order to protect their investigation — and weren't sure where he was headed. METRO

Country Hills crash sends three to hospital

A crash involving three cars at Country Hills Boulevard sent three people to hospital Sunday.

Police said shortly before 10 a.m., at the intersection of Country Hills Boulevard and Coventry Boulevard N.W., a car crossed over into oncoming traffic and struck two other vehicles.

Three people were transported to hospital in non-life-threatening condition.

METRO

Website lists wishes of city's homeless



Darren Hudspeth is spending \$1,000 on gift cards, which he plans to wrap with chocolate bars and give out to the homeless at Calgary's Drop-In Centre. JENNIFER FRIESEN/FOR METRO

CHRISTMAS

Centre links gift buyers with those in need

Brodie Thomas
 Metro | Calgary

Anthony wants two books of transit passes for Christmas.

Chuck would like new work boots, size 11.

James is asking for a \$50 gift card to Sport Check for new warm clothes.

These requests and more can be found on Calgarywishlist.ca, a site set up by The Drop-In Centre so people can give a gift to a homeless Calgarian this Christmas.

Jordan Hamilton, media relations manager at The Drop-In, said the site has been up for several years and it keeps growing each season.

"Starting in November, volunteers come in and they invite clients to sit with them, and tell them their one Christmas wish," said Hamilton.

The lists are then compiled online, and, anyone is invited to read the requests and make a purchase.

Hamilton over the years, he has seen some fun requests that aren't just focused on the

individual. He remembers one senior who had a December birthday.

"He said he wanted to have a birthday party, and asked for apple pie and ice cream to serve anyone in the seniors centre," said Hamilton. "He's a senior but a kid at heart."

The page has inspired some generous donations as well. Darren Hudspeth has purchased \$1,000 worth of gift cards for clients of The Drop-In Centre.

The company Hudspeth works for, MEG Energy, matched the donation.

Hudspeth said despite the downturn, he still feels he can



I'm going to spread the wealth.
 Darren Hudspeth

find the resources to give back to the community.

"I'm still working, I have a good job, I get a good income. I got a small

bonus this year, so I'm going to spread the wealth."

Hudspeth plans to purchase chocolate bars to go with the gift cards, and wrap them together.

Each request for a gift has a short biography about the person requesting the gift. Many people mention where they came from and why they came to Calgary.

Hamilton encouraged Calgarians who have the means to check out the site and consider purchasing a gift. "It's simple things that give us joy, and every gift is meaningful."

CRIME

Charges laid in corner store shootings

Tim Querengesser
 Metro | Edmonton

Police Association president Maurice Brodeur said Friday's robberies and shootings, which left two dead and three charged with first-degree murder, could have been worse.

Had the police not acted as they did, Brodeur said on Sun-

day, others might also have been put in harms way.

In the wee hours of Friday, after already responding to two shootings at convenience stores, Edmonton police spotted a suspicious vehicle near a Mac's convenience store in the Callingwood neighbourhood and noticed three suspects inside who matched the description of the people they were looking for.

Brodeur said he believes police had been scouting these stores after receiving two calls — at 3:30 a.m. and 3:43 a.m. — from convenience stores where they had found two clerks shot and the stores robbed.

When they approached the vehicle in the Callingwood neighbourhood, according to a police statement, the suspects "initiated a criminal flight," and eventually collided with

a guardrail on the Whitemud freeway.

Laylin Delorme, 24, Colton Steinhauer, 27, and a 13-year-old were arrested. All face first-degree murder charges in connection with the shootings.

All three suspects also face charges of robbery with a prohibited restricted firearm and being disguised with intent.

WITH FILES FROM METRO AND THE CANADIAN PRESS

CHRISTMAS PARTY

Local firefighters swap hoses for toys

It was a long day for Santa on Sunday — an estimated 4,300 kids from 1,900 families sat on his lap at the annual Calgary Firefighters Christmas party.

Chin Baa, who kept a close eye on his boys running around the Stampede Corral, said not only did his kids have a blast, but it helped them learn more about the city's firefighters.

"It helps them relate to people, knowing that Christ-

mas is so important, it's our biggest holiday," said Baa.

Gar Gar, who was holding his 17-month-old son while performers did magic tricks, said he was relieved to have something to do with his kids now that school is out for the winter.

"They give something special to the kids, to make them happy while they're on holidays," he said. "They need to do something."

Every child was given pop, chips, candy bags, a toy — and a chance to sit on Santa's knee.

Families are referred to the firefighters through school boards and the Salvation Army.

"This is the one day of the year where family's can see us in a different light, it's all around a good feeling to help out today," said Jamie Blayney, president of the Calgary Fire-

fighters Toy Association.

Blayney said firefighters have held the event annually in the Stampede Corral since 1967, but the actual event has a history dating back to the Second World War.

"The association started just after World War II, where firefighters would take broken toys, fix them in the halls and redistribute them to Calgary families."

AARON CHATHA/METRO



Brandon Watson is spending his Christmas season as Northland Village Mall wrapping gifts. AARON CHATHA/METRO

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Teen wraps to give back

DONATIONS

All proceeds from project to go to Calgary Food Bank



Aaron Chatha
Metro | Calgary

At 15, Calgarian Brandon Watson is spending his holidays wrapping up a little happiness for the shoppers at Northland Village Mall — and he's donating every cent he makes to help the Calgary Food Bank do the same.

Watson has been at the mall wrapping presents since Dec. 10, and will be there every day until Christmas.

"The food bank was what was in my heart at the time," Watson said.

"I was thinking about them, I saw they (the food bank) weren't doing so well, and I thought, you know, I've got to help these people."

Watson's father Gary said

his son has a long history of helping people.

"He's been canvassing door-to-door for the Heart and Stroke Foundation and diabetes since he was 10," said Watson's father.

"He invented some card games when he was nine years old, we had them printed and he gave them to Alberta Children's Hospital and Ronald McDonald House. He's always had a generous spirit."

Watson is also filmmaker — his first movie was just picked up for distribution — and he decided to take on gift-wrapping as a way to give back to the community in-between projects.

"His goal, if he's successful as a filmmaker, he'd really like to see all the homeless people off the streets of Calgary," said his father.

"It's a large one, but I believe he'll do it. He's very determined."

Watson was donated materials from Daisy Acres and the Tuscany Home Depot, and is at the mall between 11 a.m. to 5 p.m. until Christmas.



I thought, you know, I gotta help these people.

Brandon Watson

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2520 23rd St. NE

North West

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Market Mall
North Hill Centre

South East

Chinook Centre
Deerfoot Meadows
Shepard Centre
Southcentre Mall
3012 17th Ave. SE
4410 50th Ave. SE
4825 Macleod Trail S
6039 Centre St. S
6100 Macleod Trail S
7825 Flint Rd. SE

South West

Bankers Hall
Bow Valley Square
The Core
Shawnessy Shopping Centre
Westbrook Mall
Westhills Town Centre
321 6th Ave. SW
2008 33rd Ave. SW
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Enjoying a global Christmas

CULTURE

Student brings friends from around world to Calgary



Jeremy Simes
For Metro | Calgary

It was the first time Ochuko Akpouboubo saw snow, and she couldn't be happier about it.

"(The snow) is amazing, like oh my God," she said with a laugh. "It's the coolest thing ever."

Akpouboubo, a student from Laos, Nigeria, is among two other international students staying over at their classmate's home for the holidays in Calgary.

The students — Ruli Setiawati, of Indonesia; Lena Schwerin (Germany), Akpouboubo; and Regan Greer (Calgary) — attend the Lester B. Pearson

United World College of the Pacific, a pre-university school for students from more than 100 countries, located in Victoria, B.C.

Everyone but Greer had no home to go to for the holidays, so she asked her mom, Gina, if she could invite her classmates over for the break.

"(Regan) is surrounded by all this amazing culture and learning about people around her. They become very close very quickly," Gina said.

"She was excited about her experiences and told me that some kids weren't going

This is just all about bringing people all together over the holidays and having the best experience, ever. Gina Greer

home for Christmas, so it was just a no-brainer."

And even though their school is in Canada, it sometimes feels like a "utopia," Setiawati said.

"It's nice to just get out and learn more about Canada and the people that live here," she said.

Though the teens are bit sad they won't be spending the holiday break with their families, they feel like they're part of Regan's family.

"I really do miss my family, but on the other hand you have all these new experiences you're excited about," Schwerin said.

In fact, Setiawati doesn't celebrate Christmas back home so, for her, staying at Regan's is a way to gain cultural knowledge, she said.

"I think that learning how people celebrate Christmas and being happy with them is really great," she said.

For Gina, Christmas is all about bringing people together.

"We're really thrilled to meet these young ladies — they're amazing," she said. "This is just all about bringing people all together over the holidays and having the best experience, ever."

The teens will be in Calgary before they leave for school on Jan. 10.



From left: Regan Greer, Lena Schwerin, Ruli Setiawati, and Ochuko Akpouboubo, are having an international celebration in Calgary. JEREMY SIMES/FOR METRO

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Troy Durkey, 40

"I have no job right now, but still I need to shop for my kids. I can't shop that much, compared to other years."



Kazeem Naqbi, 43

"No matter what, I always overspend because Christmas is like crack for me. I love buying things for people."



Mireille Harris, 43

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MUSIC

Juno grants a welcome addition: Artists



Jeremy Simes
For Metro | Calgary

Jesse Shire is hoping to use the Juno's micro-grant program to give artists the feedback they need to hone their skills.

The \$25,000 program is new to the city — it wasn't offered when Calgary hosted the 2008 Juno Awards, according to Marco De Iaco, the host committee

chair for the 2016 Juno Awards.

He said the grant is to showcase the city's talent and create opportunities for industry.

Shire, singer and banjo player for the band Rosalind, said this year feels completely different than 2008. "This year's awards are far more visible," he said. "People are finally starting to realize Calgary is a great place for the creative arts."

The committee is looking for musicians or promoters with

unique ideas, or venue owners wanting music to animate their spaces. The committee will also consider applications that require \$500 to \$5,000 in funding.

The smaller and more efficient, the better, De Iaco said.

"We're not trying to drive anything in particular. But, we're encouraging collaborative ideas for all four corners of the city, so we can reach a diverse audience or a new audience."

Shire said he hopes the grant

will let him create a series of live performances, where a panel of experienced musicians give constructive feedback.

"Calgary is very supportive of its musicians," he said. "But, it lacks the necessary culture of constructive criticism."

De Iaco said the committee received 20 applications within the first three days of launching the program — something that shows there's a genuine interest in Juno Week.



Anne Landry says a move by Boardwalk REIT to have staff work out of a central hub, instead of apartment lobbies, is not what she signed up for, and is changing the quality of life in her building.

BRODIE THOMAS/METRO

Tenants upset over new policy

HOUSING

Boardwalk CEO says new staffing hub better for all



Brodie Thomas
Metro | Calgary

Tenants at some Boardwalk REIT properties in Calgary say they weren't informed about a policy change that has fewer staff working on-site at the company's properties.

Anne Landry, who lives in Skygate Apartments on 16 Avenue SW, said she only found out customer service associates would no longer be working in the building when she went to request some maintenance.

She was told maintenance will now be done through a hub system, where tenants call a central location and workers are dispatched to various buildings. Lobby offices will no longer be staffed.

Gary Kirby also rents from Boardwalk REIT at their Chateau Apartment on 6 Street SW, and says the change has him feeling less secure. "From my perspective, the service has suffered," he said. "I can't go downstairs and talk to anyone."

Sam Kolias, chairman and

CEO of Boardwalk REIT said there have been no changes in the number of staff at Calgary properties, including security. He said the changes were done to improve service for renters.

"We have the exact same staff — exact same hours — our staff now are working together in a larger team," he said.

He said the central model is safer for everyone, especially staff who no longer work by themselves in the lobby of the apartment buildings.

Kolias said the move to a hub system will not save the company any money. It is instead about better service.

"Everywhere we've made this change, we've experienced a higher level of customer service," he said.

Kolias also explained that a similar model has been successfully used at other Boardwalk properties around Canada.

He said tenants have been offered one-on-one meetings to discuss this change, although none have yet taken up the offer.

Landry has been collecting signatures and holding meetings with other tenants in her building. Like Kirby, she has concerns about the safety of her building since the change came into effect on the first of December.

"There is a majority of folks in the building who don't want this," she said.

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A hands-on holiday approach

Members of Calgary's Protospace, a local maker space, decided to make Christmas extra special this year by using their high-end tools to create gifts and stocking stuffers. **AARON CHATHA** METRO

1 The deceptively tricky puzzle

Member Danny Pollard put together a deceptively simple looking puzzle for his loved ones this year. It appears to be two pieces of metal, and the goal is to pull them apart. The difficulty comes from pins inside the puzzle, which can shift, but keep the pieces together. "I can't tell you too much about the process, because that would give away the secret," he said. "Basically, there's a common woodworking trick where they have a nail that goes through a piece of wood, with two pieces of wood vertical on either side of it. The trick with that is you boil the wood and compress it enough that you can slide a nail in over top of it. As the wood dehydrates, it comes back to its normal shape. I did something kind of similar to that, but in aluminum."



2 A wallet for your gift cards

Volunteer Director Byron Hynes helped other members spice up how they gave gift cards this year with his invention.

This holder is made of sheets of wood glued together, with cheeky instructions on where to cut out the gift card on the back — not that the scissors will be of much help against the wood.

Inspired by holders created by fellow member Danny Pollard, Hynes said he enjoys making gift opening more of a puzzle. "Christmas with the kids is like this 10-minute fury of paper flying everywhere and then you're done," said Hynes.

"So, this kind of stretched that out by adding a puzzle challenge aspect to it."



3 An uplifting ornament

Hayley Erza, when she's not handling directing duties at Protospace, works for STARS — and every year, they decorate for Christmas at work.

"I just felt like our tree was missing something," she said. "So, I talked to our graphics department, I got some files with images of the helicopters and made up some helicopter ornaments." She said handmade gifts allow her to make something tailored to her loved ones.

"Everyone likes getting a handmade gift better," she said. "Moms like that drawn picture to put on the fridge, and I'm a little bit old at 28 to be drawing a picture for mom's fridge, so I try to make her something a little bit nicer."





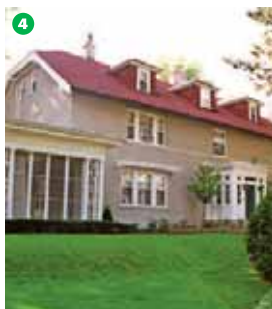
Government House in St. John's. CONTRIBUTED



Victoria's Government House CONTRIBUTED



Gov.-Gen. David Johnston at La Citadelle. CONTRIBUTED



Stornoway COLOURPIX.COM/TORSTAR NEWS SERVICE

Take up residence

HERITAGE

The stories behind some of Canada's historic homes

Prime Minister Justin Trudeau's first post-election decision was to leave 24 Sussex Drive vacant so that the aging official residence in Ottawa can undergo critical renovations.

It's a historic home — all the more so because Trudeau grew up there and will likely move back in before the end of his four-year term. But it is just one of the nation's official residences, each of which holds pieces of Canada's heritage.

1 Government House St. John's

One of the oldest official residences in Canada, the two-story red sandstone building was built for Sir Thomas Cochrane, as a condition of his appointment as Governor of Newfoundland. Government House has served as the home of the province's lieutenant governor since the province became a part of Canada in 1949. It cost \$746,800 to run in 2013-14.

SOURCE: 2014 NEWFOUNDLAND BUDGET

2 Government House Victoria, B.C.

The current building opened

in 1959 after fires destroyed the two previous residences of the province's lieutenant governors in 1899 and 1957. The estate has served as the home of the Queen's representative since B.C. joined confederation in 1871. Total annual cost last year was \$1.328 million.

SOURCE: 2014 ANNUAL STATEMENT OF THE LIEUTENANT GOVERNOR OF BRITISH COLUMBIA

3 La Citadelle Quebec City

Few of Canada's official residences better embody the occupant's official symbolic function than La Citadelle, the star-shaped military fortress built between 1820 and 1832. Costs for 2014 to 2015 totalled \$746,122.

SOURCE: PUBLIC WORKS AND GOVERNMENT SERVICES CANADA

4 Stornoway Ottawa

The official residence of the Leader of the Official Opposition, Stornoway was built in 1913. During the Second World War when it served as the home of the Dutch heir to the throne, Princess Juliana and her family, who went into exile after the Nazi invasion of 1940. Stornoway was taken over by the federal government in 1970 and has annual costs of \$54,715.

SOURCE: NATIONAL CAPITAL COMMISSION TORSTAR NEWS SERVICE

INFRASTRUCTURE

Cities to tame expressways

It was a mid-century effort to launch Vancouver into the modern age — an elevated roadway made up of tonnes of concrete cutting through the city's shiny downtown core to serve the almighty automobile.

The failed attempt ultimately became a saving grace.

After the colossal Georgia Viaduct was built in 1972, a grassroots uproar stopped the construction of what would have been a multi-lane ex-

pressway.

The City of Vancouver voted last month to tear down the twinned bridge while discussion continues over construction of a new street network below it.

Other Canadian cities, such as Halifax and Toronto, are also contending with their own white elephants of infrastructure — vestiges of the freeway-building craze in vogue during the 1960s and 1970s that in-

spired public uprisings.

Vancouver's former chief planner Brent Toderian said that as cities such as Vancouver re-imagine their downtown spaces, they face "possibly the most powerful city-making moments in the Canadian urban landscape."

"These opportunities are too important to squander with even an average result," he said. "It starts with tearing them down." THE CANADIAN PRESS

IN BRIEF

Defence minister visits Iraq, reports say

Canada's defence minister is visiting Iraq, just days after Canadian military forces helped push back a major Islamic State of Iraq and the Levant (ISIL) offensive on Thursday.

Kurdish media reported that Harjit Sajjan spent Sunday in the town of Irbil meeting with Kurdish officials.

THE CANADIAN PRESS

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The rising flow of Syrian refugees

With hundreds of thousands killed, millions internally displaced and millions more fleeing war-torn Syria, the mounting refugee crisis has been called the largest in recent history. But who is most likely to flee their home country? And where are they going instead? The numbers tell a harrowing tale.

METRO

TOTAL DOUBLES

Canada's minister of immigration and citizenship, John McCallum, says the country's resettlement program for Syrian refugees could double its intake by the end of 2016 to 50,000.

THE ASSOCIATED PRESS

IN NUMBERS

Syrian refugees

4,390,439

European applications

Between 2011 and 2015

807,337

applications were filed

Serbia and Germany received

57%

of applications

Sweden, Hungary, Austria, Netherlands and Bulgaria received

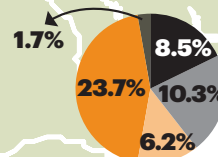
31%

of applications

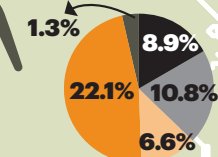
DEMOGRAPHICS

0-4 5-11 12-17 18-59 60+

Female refugees (50.3%)



Male refugees (49.7%)



SOURCE: UNHCR.ORG



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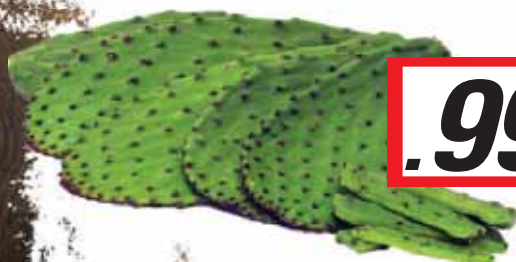
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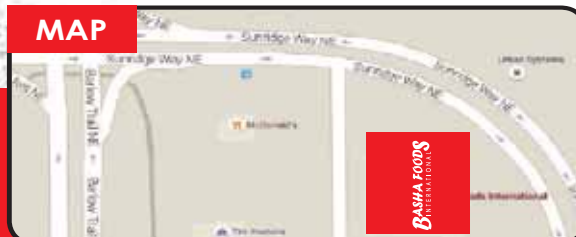
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HOURS



Passengers who were on board the Air France plane forced to land in Mombasa, Kenya, react after they were officially informed of the bomb scare. THE ASSOCIATED PRESS

Bomb scare grounds jet

SAFETY

Fourth hoax in recent weeks for Air France

A fake explosive rigged with cardboard, sheets of paper and a household timer forced an Air France flight carrying 459 passengers and 14 crew members into an emergency landing in Kenya on Sunday, sending passengers down emergency slides in what the airline's CEO said was the fourth bomb hoax against the airline in recent weeks.

The Boeing 777 was heading to Charles de Gaulle airport in Paris from the island of Mauritius when its pilots requested an emergency landing early Sunday at Kenya's coastal city of Mombasa.

The homemade apparatus was discovered at midnight hidden in a washroom cabinet

where it was placed during the approximately 11-hour flight, said the airline's CEO, Frederic Gagey.

He congratulated the crew for their cool-headed reaction. Passengers were also impressed. "They keep everybody calm. We did not know what was happening," said Benoit Lucchini.

Six passengers were being questioned, including the person who informed the crew about the device, said a Kenyan police official.

Gagey decried the hoaxes. "This is behaviour that for me is criminal. It sows doubt, it disrupts our operations, it

inconveniences passengers, and obviously each time we can get information about those who are responsible for these extremely bad jokes, pardon the expression, we file a legal complaint," Gagey said. "We find this behaviour stupid, damaging and unacceptable." THE ASSOCIATED PRESS

"We find this behaviour stupid, damaging and unacceptable."

Frederic Gagey,
Air France CEO

INDIA

Protesters decry release of gang rapist

A man convicted as a juvenile in the fatal 2012 gang rape of a young woman aboard a moving bus in India's capital ended his three-year term in a reform home Sunday, as angry protesters demanded that he remain in detention.

The man was short of his 18th birthday when he and five others brutally attacked the 23-year-old woman in a case that shocked India.

Several activists and polit-

icians have demanded that he not be released until it can be proven that he has been reformed.

On Friday, the Delhi High Court rejected a petition to extend the man's term. The man was moved Sunday from the reform home where he had been kept to a new home under the care of a children's rights group.

In December of 2012, the woman and a male friend were returning home from seeing a

movie when they were tricked by the attackers into getting on the bus, which the men had taken out for a joyride.

The attackers beat the victim's friend and raped her. They penetrated her with a rod, leaving severe injuries that led to her death two weeks later.

The case ignited a debate about whether minors who commit especially horrific crimes should be tried as adults.

THE ASSOCIATED PRESS



Students shout slogans in protest against the juvenile's release. THE ASSOCIATED PRESS

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IN BRIEF

Spain's ruling party wins

An exit poll projects that Spain's ruling Popular Party has won the general election but is shy of the votes it needs for a majority. A poll for the state-owned RTVE channel gave the Popular Party 26.8 per cent of the vote. Turnout was 58.4 per cent. THE ASSOCIATED PRESS

Southern China landslide leaves 27 people missing

A landslide at an industrial park in the southern Chinese city of Shenzhen on Sunday buried buildings and left 27 people missing, authorities said. Seven people were rescued, but 21 men and six women were unaccounted for. THE ASSOCIATED PRESS

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PERSONAL FINANCE

Income tax rules changing for some

The tax rules are changing in 2016 and even if Canadians don't make enough to be hit by the new top federal income tax rate, their financial plans are going to need to be reviewed.

The vast majority of Canadians will not be affected by the new tax bracket for income over \$200,000 a year, but everyone will see their tax-free savings account contribution limit be reduced back to \$5,500 for 2016.

Combined with the new lower tax rate for income between \$45,282 and \$90,563, even those who aren't in the top one per cent of income-earners should take a look at their finances to ensure they're on track.

Peter Bowen, vice-president of tax and retirement research and solutions at Fidelity Investments, says for many people this might be the most important tax planning season they've ever had.

"With the changes just implemented both to tax rates and TFSA's, everybody needs to take care to make sure their tax planning is right for their own situation," he said. "We always encourage people to get financial advice, but with these changes in place, it is more important than ever."

What you need to do depends on your tax bracket - and

with the wider range of brackets now, that means planning is more complex.

For those in the bracket that is seeing the rate cut, Bowen says to be sure to claim the deduction against your

2015 income to maximize its value if you're planning on making an RRSP contribution.

However, those who make more than \$200,000

may want to delay claiming their RRSP contributions until 2016 due to the higher rate set to take affect.

Bowen noted it isn't just high-income earners that will be hurt by the lower TFSA limits. Retirees looking to shelter a portion of their nest egg from tax will

also be affected by the lower contribution limit even though they may fall into the low-income category. "They don't have to be wealthy to benefit from TFSA's," he said.

The tax changes and TFSA rollback were part of the Liberal campaign platform.

THE CANADIAN PRESS



Tax-free savings limit being scaled back. ISTOCK.COM



HOLIDAY TRADITION LOBSTER EXPORTS TO EUROPE PLUNGE Live lobsters are packed at the Maine Lobster Outlet in York, Maine, for shipment to Europe where they are a Christmas tradition in several countries. But a strong U.S. dollar and a less-than-festive economy overseas mean fewer lobsters are making it onto European tables. Lobster's status as a luxury item, coupled with rising prices because of competition from Chinese importers and a weak euro, is motivating some consumers to stay away — even if they can afford it. Some in the American lobster industry suspect European business will be off more than 25 per cent this year. Exporters started shipping large amounts of lobster to Europe in the early 1980s, but it has been a popular food item on the continent for centuries. ROBERT F. BUKATY/THE ASSOCIATED PRESS

Growth is top of list, finance minister says

OTTAWA

Morneau to discuss Liberal promises at Ottawa talks

Provincial and territorial finance ministers, meeting in Ottawa with federal counterpart Bill Morneau, hope to come away with a better understanding of the government's election promises, which touch on a broad range of issues likely to impact the provinces.

The agenda includes Liberal promises of public-pension reform, infrastructure spending and a revamped child-benefit plan.

But with the country's economy struggling to rebound from the negative effects of low commodity prices, there's an overarching theme Morneau says he would like to focus on.

"The main subject I'd like to talk about is growth," he said recently when asked about



We will be spending time talking about infrastructure and how we can best make infrastructure investments together with the provinces.

Bill Morneau

the meeting.

"We will be spending time talking about infrastructure and how we can best make infrastructure investments together with the provinces. And as I said, we're going to talk about Canada Pension Plan enhancement and how we might be able to work together in that regard."

In a recent statement, the Finance Department called the federal and provincial governments joint stewards of the CPP. It said major changes to

the plan would need support from Ottawa as well as seven of the 10 provinces representing at least two-thirds of the country's population.

The Liberals also pledged to provide billions of dollars worth of funding for the provinces, territories and municipalities for infrastructure projects such as public transit.

The party argues that such investments are crucial to firing up Canada's weakened economy and to creating jobs.

While it may not appear on

the official agenda, Morneau is expected to field questions about health care and the need to grapple with its mounting costs.

The Liberals have promised to negotiate a new federal-provincial health-care accord and provide a fresh commitment for long-term funding — a crucial concern of finance ministers since it swallows such a large portion of their budgets.

Their Conservative predecessors allowed the previous health accord to expire. It was a 10-year, \$41-billion deal signed in 2004 under then-prime minister Paul Martin which guaranteed federal health transfer payments would increase annually by six per cent.

The Tories decided unilaterally in 2011 that the Canada Health Transfer would grow by six per cent a year until 2017-18. After that, health transfers will be tied to the rate of economic growth and inflation, but the annual rate of increase won't fall below three per cent.

THE CANADIAN PRESS

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DAILY WARM UP

Calgary **metr**



That'sbarking
A new biophysics study explains why dogs can't drink without making a mess (it has to do with the surface area of their tongues).

Your essential daily news

Monday, December 21, 2015

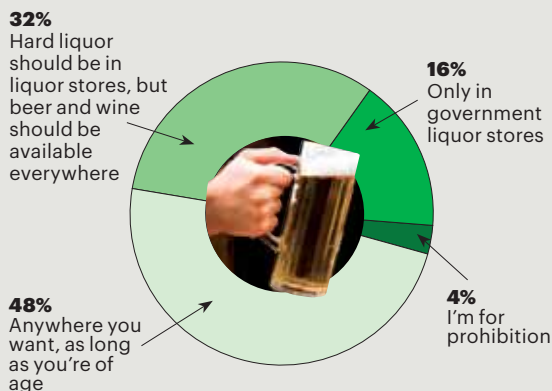
Metro MONDAY POLL

Liberalizing liquor

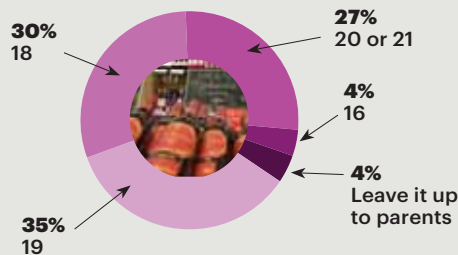
Visit metronews.ca
every Friday to
have your say.

In the past week, Ontario took a few cautious steps towards liberalizing alcohol sales in the province; allowing beer to be sold in select grocery stores. But worries about the effect of alcohol on public morals have persisted for a century or more, and the Ontario Public Service Employees' Union has expressed concerns that easily available beer and wine will increase violence against women. We asked our readers from all provinces if they want to be able to buy alcohol anywhere, or if they're for temperance or even T-total prohibition.

1 Where should you be allowed to buy alcohol?



2 What should the drinking age be?



3 What are your concerns about alcohol being sold in commercial stores?

32% It will be easier for minors to get alcohol
15% It will reduce tax revenue
15% It will be hard for people who are trying to stay sober
10% It will increase violence or crime
28% Other

It should be sold wherever it can be, but I am in favour of stricter warning labels about the health effects.

The system works well already. Why the need for change?

If teenagers want booze, they'll get booze. We did!

The store could be accountable for giving alcohol to someone who is underage or already inebriated.

WE ASKED Metro readers

metroview

The remedy for Christmas heartbreak is Christmas itself



Michael Coren
For Metro

In a handful of anticipation-soaked days, those of who are Christian will celebrate the birth of the Son of God. Whether it was in a stable and precisely when it happened is not the point. No, the first issue is that for those of who believe, the birth of Christ changed everything. The second is what should that mean for those who aren't Christian?

It breaks my heart that Christians are so often perceived — entirely understandably — not as followers of the Prince of Peace and He who personified love but as angry reactionaries obsessed with right-wing politics and obscure issues rather than with spreading joy.

Breaks my heart when I see Republican candidates, most of them insisting they are devout Christians, boasting how many bombs they will drop, how many people they will kill and dismissing child casualties as collateral damage.

Breaks my heart when I see Canadian Christians shouting hysterically about abortion, spreading falsehoods about vitally necessary sex educa-

tion curricula and opposing gay equality. By the way, some of the finest Christians I have ever met have been gay, because they have felt the sting of persecution.

They have shared in Christ's torment.

Breaks my heart when I hear extreme Christian leaders arguing that refugees should be blocked from entering North America, claiming that social justice and redistribution of wealth have nothing to do with the faith or demanding less gun control and more expenditure on the military.

If it breaks this pathetic heart, what does it do to He whose birth we are about to remember, and who demanded that we turn the other cheek, love our enemy and embrace our oppressor?

Jesus turned the world upside down. In defeat is victory, in poverty is wealth, in suffering is contentment and in humility is glory. His words were so transforming that they make the manifestos of the secular revolutionaries appear placid and passive.

For the non-Christian, Christmas is a time to reboot, relax, embrace family, perhaps consider what you believe — or don't believe — through the prism of this winter festival. Whatever your religion or lack of it, the sense of goodwill is impossible to avoid, and that's sparkling in its rarity. For me, however, I will bend the knee, pray thanks and ask forgiveness. My heart may be broken, but there is one who can fix it. For all of us. Merry Christmas.

Whatever your religion or lack of it, the sense of goodwill is impossible to avoid.

Lessons from history for today's refugee crisis

Heather Mallick



It's raining refugees. It has rained before.

Canada is now taking in 25,000 Syrian refugees, despite initial — and very un-Canadian — opposition. Once again, I am jarred by our failure to learn from history.

If Canadians could recall the last time the world saw such convulsion and mass flight, maybe they would be universally more generous. In 1945, the Second World War had just ended, millions of people were lost in Europe, and those who could not return to their home countries were begging for food, shelter and a plausible destination. Canada did not distinguish itself. Refugees were called DPs or "displaced persons." We took in very few. It's an ugly story and we can

learn from it.

A letter arrived on my desk this morning from the UN refugee agency asking for donations for refugees in Europe and the Mediterranean — more than 856,000 this year.

In 1943, the organization that would become the UN set up a group (UNRRA or United Nations Relief and Rehabilitation Administration) to deal with the human catastrophe that followed Hitler's defeat.

In 2010's *The Long Road Home*, British historian Ben Shephard's writes of Europe between 1945 and 1950. He argues, ruefully, that the story's been overshadowed. The Second World War has been glamorized.

One million refugees had what the great journalist Gitta Sereny called the "goody-goody" problem. Writes Shephard, "In our modern culture — where evil is sexy, goodness is dull, and organized goodness is dullest of all — can we

find a way to make organized altruism interesting?"

So millions in Europe with nowhere to go was a dull story without personality. Canada, a big country with a population of 12 million, was expected to step up. It did not.

A 1946 opinion poll showed only 37 per cent of Canadians willing to accept northern European DPs, with overwhelming hostility to eastern and southern Europeans, Shephard reports. But the war had left us short of labour, and politicians understood that Canada had to help out if it were to maintain its position on the world stage.

In 1946, Canada offered space for 30,000 people who already had relatives here. In 1947, we invited the young and strong to mine, log, farm and clean house. DPs warned each other to say they'd worked in the woods and to pass the "handshake test": "If a Canadian shakes your hand,

then squeeze it so hard you crush it!"

I will mention news reports about Denmark that were initially thought to be a hoax. Denmark is searching the clothes and luggage of refugees to seize jewellery and cash to "make them pay for housing, health care and some education," the BBC reports. Refugees may keep wedding rings and watches, plus items of "sentimental value." No word on gold fillings and the hair on their heads. Danish Jews had the highest survival rate in Europe during the Second World War; they were rescued and protected by Danes. See what happens when you forget history?

It's a fight to welcome refugees. History tells us that. Right now, history is giving us a slap.

Heather Mallick is a Toronto Star columnist. Follow her on Twitter @HeatherMallick.

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The funny thing about disease is ...

PODCAST

Haligonians tackle stigma with humour

Jeremie Saunders has the kind of rock hard abs gym rats would kill for.

He doesn't work out. "It's because I cough so much," said Saunders, who lives with cystic fibrosis. "There's all these perks to CF. It's the worst disease. It's so awful. It's such a bummer. But ... I have a really killer six pack."

It's this ability to see the positive in a brutal illness that has made Saunders and his two buddies, Taylor MacGillivray and Brian Stever, the popular hosts of a boundary-pushing new podcast, called Sickboy. Episodes take on the sentiment of Saunders' own devil-may-care approach to sickness as the Halifax trio tackle everything from anorexia to cancer to PTSD. They post one episode a week featuring interviews with subjects who alternate between bursts of laughter and heartfelt confessions.

"We're just kind of exploring and looking for the humour in an otherwise dark situation," said Saunders, a 27-year-old actor and yoga teacher, in a phone interview. "What we are laughing at is the absurdity of illness."

And they don't sugarcoat it. The first episode details one of Saunders most embarrassing experiences as a teen.

"I remember coming in to do this barium enema and I've got the most gorgeous doctor," he recalls. "I was like oh my God



Brian Stever, left, Jeremie Saunders and Taylor MacGillivray are the hosts of the Sickboy Podcast. Saunders has cystic fibrosis and put together a show that takes a lighthearted approach to talking about the disease. TIM KROCHAK/FOR TORSTAR NEWS SERVICE

this is amazing... until she pulls out this giant tube with a balloon attached to it. And then she has to stick that thing up my butt."

He goes on to detail the unfortunate experience of walking to the washroom with fluid leaking from his anus... all the while he and his co-hosts laugh uncontrollably.

Today, Saunders calls this humour his "therapy." But he hasn't always been so eager to open up. As a teen, he was ashamed of the disease that gave him uncontrollable coughing fits and forced him to take pills every time he ate. He felt weird and acted out by refusing to take his medica-



We don't have the same comfort level with illness as we do with other social topics. People panic.

Andrew Henderson, Sickboy Podcast guest

tion — a move that sometimes landed him in the hospital.

Coupled with that was a number hanging over his head. Doctors told his parents he wouldn't live to see 25. Today, the median age for Canadians living with CF is around 50. The podcast has risen from small potato beginnings. They recorded the first podcast in a Halifax library on a whim back in June and launched a Kickstarter campaign that net-

ted \$13,000, helping them build a recording studio at Stever's home. Sickboy garnered 25,000 downloads in 90 days and was named one of iTunes best of 2015 Canadian podcasts.

One of their guests was Andrew Henderson, a 27-year-old who lives with lymphoblastic lymphoma.

"You rarely hear this young voice... talking about illness in a fun, positive way," said Hen-

derson, who brought a bottle of champagne to the Toronto interview. "I just want a pamphlet that says, 'Live your f—ing life. Go to the club, party.'"

Henderson has the same blunt, humorous approach to disease as the Sickboy guys do.

When he stops joking about cancer, it wins, he said. But he also understands the podcast might be hard for otherwise healthy people to listen to.

"We don't have the same comfort level with illness as we do with other social topics. People panic," Henderson says, thinking of the times he shared his diagnosis with friends. "What

I got a lot of the time was pity, which is really isolating."

That fear around conversations about illness is exactly what Saunders, MacGillivray and Stever hope to tear down. It's the reason why they don't side-step personal questions, censor swearing or edit out the numerous male genitalia jokes.

"We want to eliminate the awkwardness and discomfort that sometimes comes with speaking about illness. It just adds to stigma and shame and embarrassment," Saunders says.

They respect that not everyone who's sick is going to be ready to joke — and they're adamant that they recognize the seriousness of disease — but they see more benefit in tackling tough issues with infectious laughter than they do in avoiding talking about sensitive subjects.

Indeed, healthcare experts say there are measurable benefits to adopting a positive attitude, both physiologically and psychologically. People who have positive emotions tend to have lower blood pressure, less stress and better sleep, experts say.

And if that attitude seems entirely out of reach for someone who's sick, "change it up," advises Saunders. Read a different book, listen to different music or watch a new TV show — it's better than the alternative, he said.

"You can choose to be taken down and dragged down because of your circumstances and that's a really easy route," Saunders said. "But there's something so much more liberating in trying to find the humour in that dark situation."

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Income doesn't matter when it comes to your debt

PERSONAL FINANCE

Money issues arise when you spend more than you make

Gail Vaz-Oxlade
For Metro Canada



Having a great income doesn't guarantee that you'll have no money problems. You've heard me say this before: It doesn't matter how much you make; if you're spending more money than you bring in, you're headed for disaster.

Let's take the example of Alex and Sam who both have great jobs, two beautiful kids and a nice home. Yup, they have it all. But Alex and Sam suffer an ailment common to lots of hard-working, high-earning couples: It's the We-Make-Lotsa-Money-So-We-Don't-Have-To-Worry Syndrome!

It was the WMLMSWDHTW Syndrome that had Alex and Sam move out of a perfectly good home into a much bigger home than they needed or could afford. When they saw how much equity they'd built up, it seemed like a good idea to use that equity to leverage themselves into a bigger home. Bam — Sam's job disappeared, so a minute later they were moving again, downsizing to get their housing costs back in line. The result: They eroded most of their equity with all their sales costs and they ended up with less house than they started.

It was also the WMLMSWDHTW Syndrome that had Alex and Sam guestimating their expenses. After all, if you make more money than you can imagine spending, why do a budget at all? You can just wing it, right? Wrong! That's how Alex and Sam ended up spending four-and-a-half times what they thought they were spending on food.

People often operate under the fallacy that bad things can't happen to good people. That's the only explanation for why they don't have emergency funds. So when Sam was out of work for almost six months, they were totally unprepared



Unless you learn to budget, you're fooling yourself if you think making more will make your debt disappear. ISTOCK

for the drop in their income and ended up using a line of credit to fill the gap. When Sam got back to work, paying down the huge line they'd racked up became the next stress in their relationship.



You aren't rich until you've converted that equity into cash.

People have an obsession with their equity as if it's worth anything at all. "Equity" is only a word. It only becomes "money" if you downsize from a home that's

pretty much paid off to a home that's valued at a lot less. Otherwise, equity is just an opportunity for borrowing. Great for lenders; not so great for people who have to pay the interest on all that money they've bor-

rowed. So get over feeling "rich" because you have equity. You aren't rich until you've converted that equity into cash.

And for heaven's sake, stop thinking of your home as a source of credit. Your focus should be on working hard to get rid of your mortgage, not finding new ways to make more debt. Today, if you haven't already done so, talk to your lender about switching to a weekly accelerated-pay mortgage. You'll end up making one extra monthly payment a year that goes directly to pay off your principal. On a \$100,000 mortgage at seven per cent, that extra monthly payment will save you \$24,000 in interest.

For more money advice, visit Gail's website at gailvazoxlade.com

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When retail therapy becomes addiction

SHOP TILL YOU DROP

Some brains hard-wired for the ka-ching, research shows

Lisa Monks would shop mostly when she felt lonely. "It filled that void," she says. Instead of sitting at home alone and miserable, she would hit the malls and chat up friendly sales clerks. "It was an escape from reality," she says. Finding that perfect outfit that made her feel pretty would make her euphoric. "I'd be excited and couldn't wait to wear it," the 49-year-old says. "I became addicted to the feeling."

But the bliss of buying didn't last for long. "There was buyer's remorse when I came home and looked at all the dresses in my closet. I'd feel guilty," Monks says. Shopping addiction is a serious problem in North America, according to consumer psychologist Scott Rick at the University of Michigan's Ross School of Business. Some psychologists estimate the condition occurs in 6 per cent of the population — and it's probably on the rise, affect-

ing slightly more women than men, he says.

"It's never been easier to shop," he says.

Online stores are always open. People shop on their mobile phones while on the GO Train. And those 1-800 numbers are always beckoning ... not to mention the sales.

Luckily, scientists are beginning to decode the disorder. The brains of compulsive shoppers are wired differently than most people's, says neuroscientist Joseph Ciorciari, acting director of the Brain and Psychological Sciences Department of Swinburne University of Technology in Australia.

In a study published last year, Ciorciari and colleagues attached compulsive buyers and normal consumers to brain scanning (EEG) machines while they "shopped" for virtual items.

The study shows that compulsive shopping can't be dismissed as innocent "retail therapy." The brains of shopping addicts are wired for the hunt. "They always want to have this feel-good sentiment," says Ciorciari. And that constant craving is a hallmark

MAXED OUT
Lisa Monks' life spiralled downhill with each new purchase. "The harder I try and nothing is working, the more I feel I deserve to have nice stuff," she says.



Lisa Monks is a shopaholic who has worked past her retail addiction. TORSTAR NEWS SERVICE

of addiction.

He found that the pleasure pathways in the brain lit up when they made purchases. The feel-good chemical dopamine, which is released in these reward circuits in response to good sex or a tasty meal, counteracts sadness and gives you the illusion of control when you're feeling lost.

The problem is that the excitement of buying doesn't last. Shoppers experience withdrawal symptoms just like any other addicts. Within minutes of spending, they regret their purchases. "This drives even more compulsive behaviour," says Samuel Waldner, an addictions counsellor in private practice in Toronto. Even-

tually this repetitive destructive pattern can lead to bankruptcy, broken relationships, and even suicide, he says.

Monks maxed out the "insanely high" limit on her credit card. She alienated her boyfriend, who disapproved of the buying. It wasn't until her father died and she had to help her aging

mother pay off her mortgage that reality set in. Monks realized she needed help.

Therapists treating shopping addiction focus clients' awareness on the toll of purchases. Waldner helps clients stop spending by giving them lists of their behaviour's bad effects that they can pull out when temptation strikes.

He encourages clients to throw themselves into gratifying artistic pursuits — painting, writing or photography — as substitutes.

Monks realized she'd have to find creative alternatives to feel good. She began reading books, worked out until she was exhausted and spent more time hanging out with her friends. She wrote a book about relationships, and has recently landed a blog on the Huffington Post.

While she still occasionally splurges on a dress, these lapses are only momentary. "Shopping doesn't make me happy," she says. "It's a good feeling when you've done something positive and you're working towards a goal," says Monks.

Best of all, she's out of debt and has faith in the future. "For the first time I feel like I have hope," she says.

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Don't expect too much too soon in terms of everyone spending holiday time together, a family mediator says. ISTOCK

Post-split, the best gift for kids is a peaceful holiday

FAMILY TIME

Co-parenting to minimize stress, max out love for kids

This is the first holiday season since Danielle Bileski-Leonard and her husband separated. But she and her ex — who have taken a co-operative approach during a difficult period — aren't squabbling over the big day.

"We want to keep our Christmas morning tradition intact even though our children now float between two households. This means that my ex-husband will join me and our three boys early Christmas morning to open gifts and enjoy one another's company," says Bileski-Leonard.

But even though the two are co-parenting well together, it's still a big emotional adjustment.

"There are moments I feel sadness when I consider that this holiday season just won't have the same warmth and joy

as past Christmases now that our family is no longer intact," she says. "That's when I have to remind myself that our kids still experience the same love they did before my husband and I separated. It is out of this love that we can build new traditions, shed the past and embrace a bright new future."

Psychotherapist Kelly Flannigan-Bos says because the holidays are steeped in expectation even at the best of times, managing those is particularly tricky if a marriage has just ended.

"If you're used to being together as a family unit on those days, the thought of not being with your child on Christmas Eve or on Hanukkah can be really devastating or stressful," she says. "You may not want to give it up at all. But probably the other parent doesn't either."

If the relationship with your ex is quite tense or acrimonious, you're going to have to decide what you can let go of for the sake of the kids. "What actually needs to be fought over and what is getting your anger out over

another issue?"

Flannigan-Bos says it may be more enjoyable to celebrate on the 20th with no stress than in a tense, time-pressed way on the 25th.

Family mediator Rosanna Breittman says it's important to be sensitive to the fact that the first post-separation holiday can be much more difficult for some family members than others. "Don't expect too much too soon in terms of everyone spending holiday time together," Breittman says.

"If the kids will be dividing their time between their parents' homes, it's essential to manage expectations and logistics in advance," she says. This includes deciding who will have the kids on which days, when transitions occur and whose responsibility the transitions will be.

"Make sure the kids are aware of the plans in advance so that they aren't feeling anxious about where they will be at any given time," Breittman adds.

"Remember that the greatest gift you can give your kids is

+ ME TIME

Breittman recommends that parents plan enjoyable activities for the times when they're not going to be with the kids. "Give yourself permission to have fun and enjoy some adult time without guilt, sadness or jealousy of the fun the kids are having without you."

Flannigan-Bos adds that it's important to have someone to talk to leading up to and during the season, such as a supportive friend or a therapist. "Then it's just a matter of taking it moment by moment, breathing, letting go and thinking before you speak."

that of a peaceful and worry-free holiday. Be respectful towards one another, don't start fights in front of the children and don't put the other parent down or use the kids as go-betweens," says Breittman. TORSTAR NEWS SERVICE



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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Jonesing for Jessica's soul

THE SHOW: Jessica Jones (Netflix) Season 1 Episode 2
THE MOMENT: The Smile

Secret superhero-turned-private eye Jessica Jones (Krysten Ritter) has a confession to make. She's been sleeping with her handsome neighbourhood bartender, Luke Cage (Mike Colter). But tonight she has to tell him the truth: She's also been tailing him for a client. They face one another in his dimly lit bar.

"So the night you came to my place, that was part of this job?" he asks, angry and hurt.

"I shouldn't have done that," she replies, looking at him steadily.

"Because it's messed up? Or because you got caught?" he asks.

"Both," she answers.

"Get out of here," he growls. "Stay the hell away from me."

She wants to say more. But she turns on her heel and goes.

Ritter's delivery of that single syllable, "Both," is an example of what makes her, and this show, so terrific. She says it with a small smile. It's just a flash, but it communicates



Krysten Ritter as the eponymous Jessica Jones and Mike Colter as Luke Cage. CONTRIBUTED

volumes: She's embarrassed and sheepish. She's trying to appear tough. She likes him, and she likes him for asking the question. But if you blink, you miss it all.

Part of the joy of watching a hard-boiled character is catch-

ing the tiny moments when she cracks and let you in, and Ritter is a genius at that.

Jessica's superpowers don't make her invulnerable; they simply mean we don't have to worry about her body as she prowls the back alleys of New

York's gritty Hell's Kitchen. But we worry about her soul, because Ritter makes us want to.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

RECORD BREAKERS

Latest Star Wars a Force at box office

To say that the force is strong with this one isn't nearly enough.

Studio estimates on Sunday say Star Wars: The Force Awakens brought in a galactic \$238 million over the weekend, making it the biggest North American debut of all time.

The Walt Disney Co. earnings destroy the previous opening record set by Jurassic World, which drew \$208.8 million this summer.

A few other movies tried to compete against J.J. Abrams' seventh chapter in George Lucas' space saga.

Almost a galaxy away, the animated Alvin and the Chipmunks: The Road Chip came in second with \$14.4 million.

In third place, Tina Fey and Amy Poehler's comedy Sisters earned an estimated \$13.42 million. A whopping 79 per cent of audiences were female for the R-rated comedy. THE ASSOCIATED PRESS

\$120.5 M

Estimated amount the Walt Disney Co. said Star Wars: The Force Awakens made from Thursday night previews and opening day Friday.



The Force Awakens sets an opening day record. CONTRIBUTED



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A Murdoch Christmas mystery

CBC

Brendan Coyle embroiled in a murder on holiday special

When he's not watching *Frasier* in the mornings, Brendan Coyle can often be found catching an episode or two of CBC's *Murdoch Mysteries* at home in England.

Coyle is best known to *Downton Abbey* fans as the long-suffering but honourable valet Mr. Bates.

"I just started watching it," said Coyle, sitting in an armchair on the Scarborough set of *Murdoch Mysteries*, where he was filming the show's two-hour Christmas special (Monday, 8 p.m. on CBC). "I really enjoyed the show. So when they sent me the script, I thought it was epic."

In *Murdoch Mysteries*' first ever holiday special, Coyle — who has worked in Toronto twice before, in Irish drama *The Weir* and TV series *12 Monkeys* — plays Mr. Rankin, originally from Edinburgh, who has



Actor Brendan Coyle poses for pictures on the set of *Murdoch Mysteries*. TORSTAR NEWS SERVICE

moved to Toronto and becomes embroiled in a murder.

In formal dress of wing-tipped shirt and black tie, Coyle, 51, doesn't look all that different from his *Downton Abbey* character.

"I guess I didn't need much of a costume change," laughed Coyle. "It's certainly a similar

period and a similar costume. And there is a slight similarity between my character Mr. Rankin, who also works for a wealthy family, and Mr. Bates. But they are very different people, it turns out."

"He's seemingly at first a very internal, stoic man. Not unlike Bates," says Coyle. "But Rankin

is a different beast altogether. I really think they pulled out all the stops on this one."

A Merry *Murdoch Christmas* starts when a philanthropist is found dead just before the holidays. And the presents he gives to orphans in Toronto have vanished.

"It's a Christmas tale, so it's

about good triumphing over evil where someone is trying to destroy Christmas, and Murdoch and his gang are trying to save it," said Peter Mitchell, writer and executive producer of the Toronto-based production. "Having Brendan here is great because so many *Downton* fans are also Murdoch fans, so there is a lot of crossover. And you have a star who is translatable on both sides of the ocean."

The popular show is in its ninth season. It is based on the novels of Maureen Jennings and features 1890s Toronto detective William Murdoch (Yannick Bisson).

After 132 episodes, it remains one of the most popular shows on the CBC with a viewing audience of 1.3 million weekly. It is licensed in 110 countries, including the U.S., U.K., China and Finland.

"Over the years it's become a fairly multi-generational audience, not unlike that of *Anne of Green Gables*," said Mitchell. "The whole family watches it, so the appeal of Victoriana and Christmas was a natural progression of the show."

TORSTAR NEWS SERVICE

OTHER GUESTS

Ed Asner

TV legend Asner (*The Mary Tyler Moore Show*) plays a man who thinks he's Santa Claus. When a philanthropist is found dead, the missing loot is given out by his character. The famously grumpy Lou Grant as Santa? Bring it on.



Kelly Rowan

Rowan plays Millicent McGowan, wife of entrepreneur Alistair McGowan. On Christmas Eve, Murdoch attends a party at McGowan's mansion when the presents go missing.



Peter Mansbridge

Maybe it's not that surprising to see the face of Canada's public broadcaster make an appearance. CBC News' chief correspondent plays the mayor's aide. TORSTAR NEWS SERVICE



BOSSY

Tina Fey was a mean girl in a former life

Ned Ehrbar

Metro | Hollywood

Watching *Mean Girls* you might think Tina Fey became an expert in mean girl behaviour by being on the receiving end of it. But you would be wrong. It turns out that Fey herself was a mean girl. Can you believe it?

"I admit it openly," she tells the *Edit*.

"That was a disease that had to be conquered. It's a bad coping mechanism, but when you feel less than — in

high school, everyone feels less than everyone else for different reasons — in your mind it's a way of levelling the playing field. Though of course it's not.

"Saying something terrible about someone else does not actually level the playing field. If I meet a girl of 14 or 15 today who is that kind of girl, I am secretly, in my body, afraid. Even though I'm 45."

She seems to be contrite, but still, this feels like a betrayal, honestly.



GOSSIP BRIEFS

Amber Rose says that, yes, the ass is real

Amber Rose hears all that noise you're making about photos of her in tights that hint at some padding on her infamous rear.

"LOL, I am not wearing booty



pads! Damn, y'all all in my ass doe," she wrote on Instagram.

"It's a full-body trainer that has thick lining in it for women's problem areas. I wear it when I work out and it keeps

my skin tight and makes me sweat more.

"I would tell y'all where I got it but I'm making my own MUVA, one for u ladies to enjoy. You know I look out for my girls. Stay tuned."

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etroSPORTS

Sidney Crosby is dealing with a lower-body injury and could miss Pittsburgh's game Monday night against Columbus

Wings swoop past Flames

NHL

Detroit snaps three-game losing streak

The Detroit Red Wings scored a flurry of goals after giving up one.

Dylan Larkin and Brad Richards scored 45 seconds apart midway through the second and Gustav Nyquist added one late in the period, helping Detroit build a cushion it needed to beat the Calgary Flames 4-2 Sunday night.

"Our second period was the way we have to play hockey to be successful," Red Wings coach Jeff Blashill said.

Detroit got the puck out of its end quickly, forechecked hard and created turnovers to keep pressure on the Flames in the pivotal period.

The Red Wings needed the comfortable lead because Calgary cut into it.

Dougie Hamilton's goal with 3:59 left pulled the Flames within a goal.

Justin Abdelkader, though, scored an empty-net goal with 30 seconds left in the game to seal the victory.

"Maybe we don't have enough energy to get on top of teams and forecheck and backcheck," Hamilton said.

Petr Mrazek made 26 saves for the Red Wings, who were winless in their previous three games, and the goaltender was fortunate to have some shots hit posts behind him.

"Saved us when we needed him to," Red Wings captain Henrik Zetterberg said.

Karri Ramo stopped 31 saves



Red Wings forward Dylan Larkin scores against Flames goalie Karri Ramo on Sunday in Detroit. PAUL SANCYA/THE ASSOCIATED PRESS

for the Flames, who have lost two straight after winning seven in a row.

Calgary's Dennis Wideman broke a scoreless tie in the first period.

Wideman's goal ended the team's five-game stretch without a power-play goal. The Flames, who score on an NHL-low 10 per cent of their power plays, had scored just two goals with a man

SUNDAY In Detroit



advantage in 52 chances over 15-plus games before his goal.

Larkin made it 1-all 7:46 into the second period, scoring off a

rebound and ending a five-game stretch without a goal, after the Flames failed to clear the puck.

Less than a minute later, Calgary was casual with the puck in its end and it was costly because Richards was able to shoot the puck through traffic and into the back of the net to put Detroit up 2-1.

"Turnovers flip the momentum," Calgary coach Bob Hart-

ley said.

The Flames pulled Ramo to add an extra skater during a 4-on-4 situation with four-plus minutes left and it paid off with Hamilton's goal.

Detroit, which has struggled to keep late leads this season, did enough to win after going 0-1-2 in the previous three games following an 8-0-4 run.

THE ASSOCIATED PRESS

NHL IN BRIEF

Jagr passes Dionne on all-time goal-scoring list

Jaromir Jagr scored his 732nd goal to move past Marcel Dionne for fourth place in NHL history, and Aleksander Barkov tallied the winner in the shootout as the Florida Panthers beat the Vancouver Canucks 5-4 on Sunday.

Barkov scored against Jacob Markstrom, who entered the game after Ryan Miller left with an injury after allowing a goal on two shots in the shootout.

Jared McCann scored in the shootout for Vancouver, but Roberto Luongo stopped Sven Baertschi to seal the win. Aaron Ekblad, Vincent Trocheck and Shawn Thornton also scored for the Panthers. Luongo stopped 34 shots.

THE ASSOCIATED PRESS

Caps add to Rangers' woes

Justin Williams had two goals and an assist, Marcus Johansson had a goal and two assists and the Washington Capitals closed with six straight goals to beat the struggling New York Rangers 7-3 on Sunday night.

Washington trailed 3-1 after one period but rallied for its fifth straight win. The Capitals are 24-6-2 and tied with Dallas for the NHL lead with 50 points.

Evgeny Kuznetsov, T.J. Oshie, Alex Ovechkin and Jason Chimera also scored for the Capitals.

The Rangers have lost three in a row and six of eight to fall to 19-12-4.

THE ASSOCIATED PRESS

WORLD JUNIORS

Canada cuts four to finalize roster

Montreal Canadiens draft pick Noah Juulsen was among four cuts made by Hockey Canada on Sunday as it finalized its world junior roster in Finland.

Jeremy Lauzon of the QMJHL's Rouyn-Noranda Huskies was the other defenceman cut by Canada.

Jayce Hawryluk of the WHL's Brandon Wheat Kings and Nick Merkley of the Kelowna Rockets were also released by the team.

"We had a really good evaluation period in Toronto and Imatra, and were able to see how the players responded to different situations — from practices

+ VS. CZECH REP.

Mackenzie Blackwood recorded the shutout as Canada blanked the Czech Republic 1-0 on Sunday in an exhibition play.

to games," said Scott Salmond, VP of hockey operations and national teams for Hockey Canada.

"These are never easy decisions, but we feel confident in the team we have and their ability to make the nation proud."

The Canadian roster features three goaltenders, including Calgary Flames draft pick Mason McDonald, MacKenzie Blackwood of the OHL's Barrie Colts and Samuel Montembeault.

Defenceman Joe Hicketts is among those to make the team. He's one of four returnees from last year's team that won gold at the tournament held in Toronto and Montreal. Toronto Maple Leafs prospect Mitch Marner is one of 13 forwards to make the team. Jake Virtanen, who was loaned to Canada from the Vancouver Canucks on Dec. 13, also



These are never easy decisions, but we feel confident in the team we have.

Scott Salmond, VP of hockey operations and national teams for Hockey Canada

made the team and is another returnee from last year.

The Canadians open on Boxing Day against the United States.

THE CANADIAN PRESS



Noah Juulsen, drafted by the Canadiens in June, was sent home from Finland on Sunday. GETTY IMAGES FILE

RECIPE Chickpea and Spinach Stew

PHOTO: MAMA VISENTE

Ceri Marsh & Laura Keogh
For Metro Canada

Celebrate Meatless Monday with this Spanish-style stew. It will taste even better as leftovers for tomorrow's lunch.

Ready in

Prep time: 30 minutes

Serves 6**Ingredients**

- 2 onions, chopped
- 2 to 3 Tbsp vegetable oil
- 3-inch piece of ginger, grated or minced
- 4 cloves of garlic, minced
- 2 or 3 big handfuls of baby spinach, washed and stems trimmed
- 2 tsp turmeric
- 1 tsp cumin
- 1/2 tsp ground coriander

- 1/2 tsp cayenne (optional)
- 1 x 28 oz can tomatoes
- 1 x 28 oz can of chickpeas
- 1 cup water
- Pinch of salt

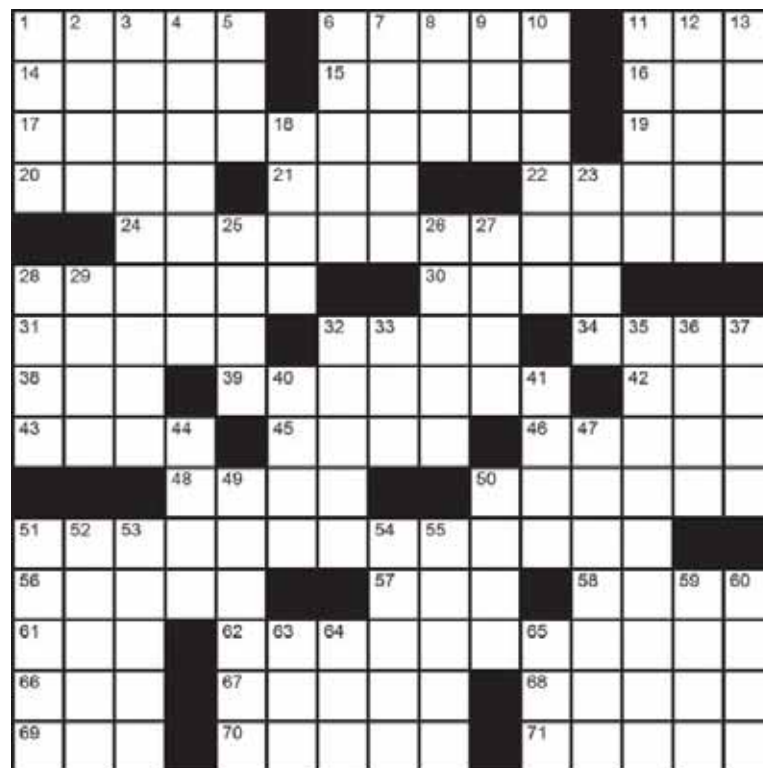
Directions

1. Sauté onions and pinch of salt in oil until they are quite soft, about 10 minutes. Add ginger and garlic and stir for about a minute or two. Add spices and cook for another minute.
2. Add chickpeas and tomatoes. Use the back of a spoon to break up the tomatoes. Add the water and bring to a boil. Add the spinach, reduce heat and simmer for about 15 minutes.
3. Serve over rice and put a dollop of plain yogurt on top.

FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. Robert Redford's "The Natural" (1984) role, Roy _
6. Ms. Abdul
11. Letter-writer's li'l afterthoughts
14. Veggie burger slice
15. "The table _ _!" (Supertime exclamation)
16. Li'l round rate
17. Ebenezer Scrooge employee: 2 wds.
19. Three vowels
20. Heraldic border
21. Phantom's scare!
22. Edmonton office building, _ Tower
24. Book lover's Christmas decoration: 4 wds.
28. Ms. Tisdale
30. Calgary's prov.
31. Gladiator's 153
32. Lemony
34. Recipe amt.
38. Mr. Bachman
39. Most close by
42. Him, in Hull
43. Arctic birds, Snowy _
45. Very, in Verdun
46. Chicago's airport
48. River of Spain
50. Food store merchant
51. Wildlife in Canada...
66. Bitty British band
56. Christmas song
57. _ Lanka
58. SNL and NASA, e.g.
61. Large truck



62. French log-shaped Christmas dessert: 3 mots
66. Bitty British band
56. Christmas song
57. _ Lanka
58. SNL and NASA, e.g.
61. Large truck

69. East: French
70. Festive fellow, _ Nick
71. _-toothed tiger

DOWN

1. Freight train rider
2. _ about (Circa): 2 wds.
3. Nova Scotia village

- with a religious sound-ing name: 2 wds.
4. Celine Dion's "The Prayer" duet-tist Andrea
5. Grad-to-be, briefly
6. Mountain-eeer's spike
7. Tie type

8. Show-to-seats, shortly
9. Hawaii garland
10. Certify
11. Cost
12. Sewing kit item
13. Cartoon crea-ture of blue
18. "About _" (2002) starring

- Hugh Grant
23. Fantastic, in slang
25. Sinn _ (Irish republican party)
26. Arctic _ (Northern-hopping critters)
27. Singer/pianist Mr. John's, for short
28. X- _ knife
29. Cabbage dish
32. Tropical tubers
33. "We Three Kings of Orient _"
35. British Columbia ski resort, Whistler _
36. Certain
37. _ 1 Imports
40. Raison d' _
41. Ms. Kelly of song
44. Like dry Spanish wine
47. "Gloria, _ in excelsis!": Latin bit of Christmas song
49. The Hobbit character Mr. Baggins, and namesakes
50. Solvers jot down answers to clues in the Crossword's what?
51. Loose rock at a cliff's base
52. Buckets
53. Grain fungus
54. Greyish
55. Special snack
59. Bring up
60. Leonard _ , Roy Rogers' birth name
63. Canada's neighbour, commonly
64. Vital life energy
65. ' _ _ for Egg-nog

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
It's a good time of year for you but it could be great if you stop worrying about what might go wrong and give yourself over to having a fun. Remember that definitions of a good time vary from person to person.

Taurus April 21 - May 21
If someone avoids giving you a straight answer to a perfectly straightforward question, then be on your guard. Take whatever moves are necessary to protect yourself.

Gemini May 22 - June 21
Be open about your feelings. Let those who care about you know you care about them too. You can make it hard for loved ones to know what is going on in your heart or your head.

Cancer June 22 - July 23
Don't overlook details that may seem minor now but could be of major significance later on. Even the smallest of causes can result in major consequences.

Leo July 24 - Aug. 23
Forget about any setbacks you may have suffered and start looking forward to a time when everything will go right for you again — it won't be long in coming.

Virgo Aug. 24 - Sept. 23
If you get the chance to prove your critics wrong this week then take it but don't let it consume your every waking thought. Life is much too short to waste time arguing with negative people.

Libra Sept. 24 - Oct. 23
Go where you want to go and do what you want to do this week. No one is going to stop you. You've just got to be free.

Scorpio Oct. 24 - Nov. 22
Your view of reality seems to be a bit distorted and that could cause problems if you let the line between fact and fantasy get blurred. Be extra careful where money matters are concerned.

Sagittarius Nov. 23 - Dec. 21
You have come through a lot in recent weeks but now you can look back and see there were reasons for everything that happened. Put doubts and fears behind you and act as if all things are possible.

Capricorn Dec. 22 - Jan. 20
You want to be left alone with your thoughts. Make sure those you live and work with know you need space. If they are not prepared to give it to you then get up and go elsewhere.

Aquarius Jan. 21 - Feb. 19
If you are at a loss as to what to do with yourself, get together with some friends and get involved in an activity that means something to you all. Now is the time for group activities of all kinds but especially those which help other people.

Pisces Feb. 20 - March 20
Give your status and reputation some thought now. With a little bit of effort, you can move up in the world rapidly.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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